




Holiday Blues



The holiday season can be challenging for those who have suffered losses or who are feeling alone and without family or social support. This presentation will discuss strategies to combat feelings of sadness or the blues during the winter holidays.

Presented by Los Angeles County Department of Mental Health.

Reservation needed.

**Date: Wednesday,
December 14, 2016, 10:30 am**



South Pasadena Senior Center
1102 Oxley Street
South Pasadena, CA 91030

For more information call: (626)-403-7360

